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of Engineers

Swimming Safety

Teaching the Basics of Avoiding Water Accidents to Soldiers

One Corps Serving The Army and the Nation

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Drowning is second leading cause of accidental death for people 0-44 years old

Drownings on Belton and Stillhouse Hollow Lakes

- 25% are soldiers or dependents of soldiers
- 2 main causes are swimming activities and boating activities
- 85% are Male
- Almost all knew how to Swim
- Many drownings are within 10 feet of safety and are people who did not intend to be in the water

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Causes of Adult Swimming Fatalities

TOP TEN

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10. Over Estimating One's Ability

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Causes of Adult Swimming Fatalities

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9. Falling Off Flotation TOYS

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Causes of Adult Swimming Fatalities

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Cold Water –
pothermia decreases physical abilit

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TOP TEN

7. Falling in Without Intending to

tion

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Causes of Adult Swimming Fatalities

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Swimming after wind-blown objects

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Causes of Adult Swimming Fatalities

TOP TEN

5. Wading off Steep Drop-off

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Causes of Adult Swimming Fatalities

TOP TEN

4.Jumping Off Cliffs or Bridges or other High Risk Behaviors

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3. Trying to Rescue Someone Else

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Causes of Adult Swimming Fatalities

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2. Alcohol or Drug Use

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Causes of Adult Swimming Fatalities

TOP TEN

Not admitting you are a poor swimm
o yourself or to your group)

Drowning is called the “Silent Kille

Recognize the Drowning “Look”

- Drowning is called the “Silent Killer”
- Vertical in water, head back, arms out, working to keep head out of water

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Ways to Decrease Swimming Drownings in Open Water

- Education - Teach Basic Water Safety Concepts
- Teach “Reach, Throw, Row- Don’t Go!”
- Natural Hazards – Lake level Changes at BN/SH,
  - Flash Flooding (Turn Around-Don’t Drown)

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Ways to Decrease Swimming Drownings in Open Water

- Watch Your Children – Stay within an arm's reach
- Swim with a Group – (Battle Buddy = Swim Buddy)
- Easy on the Booze
- Respect the Water – It is very unforgiving.
- Respect The Weather - In Texas it changes fast.

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Summary of Swimming Safety

- Know Swimming Safety Rules
- FOLLOW them
- Avoid high risk behaviors
- Swim with a buddy
- Easy on the booze